

L3 EM - Teaching practice activities

PART 1 - MATCH THE ENGLISH WORD TO ITS TRANSLATION

Walk (run, jump) sideways	1.	A. A pas chassés
Skip along	2.	B. A pas de fourmis
Jump along	3.	C. En courant / en marchant en avant
Hop on one foot	4.	D. en descente
Take baby steps	5.	E. course en slalom
Take big strides	6.	F. en sautillant
Run in a straight line	7.	G. courir droit
Run in a Zigzag	8.	H. à grand pas/ à pas de géants
Go forwards	9.	I. à cloche pied
Go backwards	10.	J. en courant / en marchant en arrière
Walk/run uphill	11.	K. en sautant
Walk/run downhill	12.	L. en montant

PART 2 - GIVING INSTRUCTIONS TO MOVE YOUR BODY

Stand up	Sit down
Squat down (not the same as 'do a squat')	Kneel down
Turn around	Hold up your arms
Stretch up your arms	Stretch your arms behind you
Put arms out in front of you / Stretch your arms out in front of you	
Lift your arms	Fold your arms
Hold your arms behind your back	Put your hands on your knees
Put your hands on your head	Touch your toes
Bend your knees slightly	

⚠ There are two major FRANGLAIS expressions to absolutely avoid!!

ARTICULATIONS and **SHEATHING** – Can you find the correct terms in English?

- Warm up your _____
- Do this exercise to improve your core strength: Do the _____

CHALLENGE: Add 10 more “body” instructions to this list

No group can have the same 10 instructions.

10 instructions (if correct) = 10 points

If you have the same instructions as another group, then remove 1 point from the 10 points.

The group with the most points wins.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

PART 3 - BREATHING

Give an English equivalent for each French term

- inspirer: _____
- expirer: _____
- la respiration (l’acte de respirer) : _____
- respire profondément : _____
- il a de la mauvaise haleine : _____

NOW WATCH THE SHORT YOUTUBE VIDEO and do the activity with the “mindful movement” coach Jessica Skye (Apple Fitness+) <https://www.youtube.com/watch?v=VDhJVA6QoAU>

Become aware of different expressions / instructions she uses and gives us for BREATHING

Write down some of the expressions you hear:

At 6:05 min, stop the video and listen to the sounds around you (listen for 1 minute)

After 1 minute, write down what you hear: inside the room and outside, be as descriptive as possible

At 7:20 min, stop the video and take a look around you (look for 1 minute)

What can you see? What objects? What colours? Inside the room and outside the window?

How do you feel? Describe your feeling after this session...

Does this type of video make you aware in any way?

- To learn new vocabulary and expressions by ‘doing’?
- Do you notice if anglophone “culture” guides us in physical activity differently?

PART 4 - GROUP FINAL TASK

Create 5min activity to use some / all of the above vocabulary. The activity may be linked to your future PE team lesson (if you want to practice your vocabulary) or it may be something completely different. You can do

- a WARMUP (use body and movement vocabulary)
- a BREATHING exercise (use breathing exercise from the video)
- a quick PHYSICAL ACTIVITY or precise PHYSICAL EXERCISE
- Something else you want to experiment with or practice